

Bright kids read food labels, too!

Name	Serving Size	Calories	Fat	Cholesterol	Sodium	Carbohydrates	Protein
Almonds, Wonderful	1/4 c	180	16g	0mg	100mg	6g	7g
Apple Juice, Tropicana	10 fl oz	140	0g	0mg	25mg	34g	1g
Bai5	18 fl oz	5	0g	0mg	10mg	9g	0g
Bai5 Bubbles	11.5 fl oz	5	0g	0mg	10mg	9g	0g
Barbaras Snackimals	30g	120	4g	0mg	80mg	19g	1g
Belvita	1 pkg	230	8g	0mg	210mg	36g	4g
Capri Sun	1 pouch	60	0g	0g/0g/0g	15mg	17g	0g
Clif Bars, PB/Macadamia/Choc chp	68g/68g/68g	250/250/240	5g/7g/5g	0mg/0mg/0mg	170mg/240mg/140mg	42g/41g/44g	10g/9g/10g
Cookies, Famous Amos Choc Chip/Double	56g/56g	280/290	13g/15g	<5mg/0mg	200mg	38g/37g	3g/3g
Fig Bars, Blueberry/Raspberry	1 oz	100/110	2.5g/2.5g	0mg/0mg	20g/20g	20g/20g	2g/2g
Fruit Crisps, Fuji	10g	40	0g	0mg	10mg	8g	0g
Fruit Crisps, Pear	10g	40	0g	0mg	0mg	8g	0g
Fruit Crisps, Strawberry	10g	30	0g	0mg	0mg	6g	1g
Granola bar, Casc Farms	35g	140	3g	0mg	85mg	26g	2g
Granola Cups	38g	200	12g	0mg	180mg	20g	5g
Hansens Diet Tang	12 fl oz	0	0g	0mg	0mg	0g	0g
Hansens Grape/Strawberry	12 fl oz	150/	0g	0mg	0mg	39g	0g
Honest Kids Juice Grp/App/Berry/Punch	1 box	35/35/35/35	0g/0g/0g/0g	0mg/0mg/0mg/0mg	15mg/10mg/15mg/15mg	8g/8g/8g/8g	0g/0g/0g/0g
IXL	16.9 fl oz	90	0mg	0mg	400mg	0mg	0mg
IZZE Orange/Blackberry/Pomegranate/Apple	8.4 oz	90/90/90/90	0g/0g/0g/0g	0g/0g/0g/0g	15mg/20mg/10mg/15mg	21g/22g/22g/23g	0g/0g/0g/0g
Kettle Chips Salt Vingr/Pepper/BBQ/Jalapeno	42g/42g/42g/42g	220/220/220/220	14g/13g/13g/14g	0mg/0mg/0mg/0mg	320mg/240mg/190mg/270mg	24g/24g/23g/24g	3g/3g/3g/3g
Kind Bars	40g	200	13g	0mg	25mg	17g	8g
Nesquik	8 fl oz	150	2.5g	10mg	130mg	24g	8g
Nutella	52g	270	14g	<5mg	130mg	34g	4g
Orange Juice, Tropicana	10 fl oz	140	0g	0mg	20mg	33g	2g
Pickle in a pouch	1 oz	0	0g	0mg	360mg	1g	0g
Pirate's Booty	14g	70	3g	0mg	95mg	9g	1g
Popchips BBQ/Sour Crm/Sea Salt/Salt Vingr	23g	100/120/100/100	3g/4g/4g/3g	0mg/0mg/0mg/0mg	160mg/200mg/200mg/110mg	15g/20g/20g/16g	1g/2g/1g/1g
Powerade Grape/Orange/Punch	20 fl oz/20 fl oz/20 fl oz	130/130/130	0g/0g/0g	0mg/0mg/0mg	250mg/150mg/250mg	35g/21g/36g	0g/0g/0g
Propel Berry	16.9 fl oz	0	0mg	0mg	230mg	0g	0g
Propel Blk Cherry	16.9 fl oz	0	0mg	0mg	230mg	0g	0g
Propel Grape	16.9 fl oz	0	0mg	0mg	230mg	0g	0g
Propel Kiwi	16.9 fl oz	0	0mg	0mg	230mg	0g	0g
Propel Lemon	16.9 fl oz	0	0mg	0mg	230mg	0g	0g
San Pellegrino	12 fl oz	130	0mg	0mg	0mg	31g	0g
Skinny Pop	18g	100	6g	0mg	45mg	9g	2g
Snapple Half	20 fl oz	260	0g	0mg	15mg	64g	0g
Snapple Lemon	20 fl oz	190	0g	0mg	15mg	46g	0g
Snapple Peach	20 fl oz	210	0g	0mg	15mg	50g	0g
Snapple Rasp	20 fl oz	190	0g	0mg	15mg	46g	0g
Stacy's Cinnamon	1.5 oz	200	7g	0mg	170mg	30g	4g
Steaz peach	16.9 fl oz	0	0g	0mg	0mg	0g	0g
Svelte	12 fl oz	180	7g	0mg	135mg	21g	11g
Veggie Straws, Ranch	28g	130	7g	0mg	280mg	15g	<1g
Veggie Straws, Sea Salt	28g	130	7g	0mg	210mg	15g	<1g
Vitamin Water, Lemon	20 fl oz	0	0g	0mg	0mg	5g	0g
Vitamin Water, Mango	20 fl oz	120	0g	0mg	0mg	33g	0g
Vitamin Water, Orange	20 fl oz	0	0g	0mg	0mg	4g	0g
Vitamin Water, PowerC	20 fl oz	120	0g	0mg	0mg	31g	0g
Vitamin Water, XXX	20 fl oz	120	0g	0mg	0mg	33g	0g
Water Nestle	12 fl oz	0	0g	0mg	0mg	0g	0g